



Jersey Alzheimer's Association

Awareness Understanding Support

Welcome to the **February / March** edition of our JAA newsletter

JAA Update

Well it only seems like last week that we packing away the Christmas decorations for another year and suddenly its February! How did that happen?

2019 has certainly started with a bang and with lots to think about for the year not to mention the launch of our new Parish Pursuits and Dementia Friends programmes.

For a long time we have been talking about making Jersey a more dementia friendly island and you will see a new logo being used to show our commitment and focus on working towards this more formally. This may be in the shape of lobbying for a new dementia strategy, expanding our education programmes or working with employers and local companies to help them become more dementia friendly.



We have a range of fundraising and awareness events planned for the year starting with our first Community Outing of the year to Cineworld on the 5th Feb and a Curry Night on 12th Feb at Café Spice. Do please check out the full list on our website.

Diane Saralis is now in post leading the Saturday Club and helping us prepare for registration under the new Regulation of Care Law. This is going to be quite a big job for us and will mean some changes in what we do and how we do it but we will keep you posted as we go.

As JAA moves forward we really want what we do to be led by those who we work with and for. That being so over the next month or so you may be asked for your thoughts and feedback about our services and what else would help you. Do please take a few minutes to help us so that we know what we commit to is really want we need.

Best Wishes to everyone and thank you for your continued support

Chief Executive Officer

sean@jerseyalzheimers.com

We're going on the road!

Launch of Parish Pursuit & Dementia Friends

Tuesday 29th January saw over 50 people attended the launch of JAA's Parish Pursuit and Dementia Friends Programmes. Over the next 12 months JAA will visit all 12 parishes to showcase our own services and activities and those offered by our community partners. We are delighted that colleagues from the **States of Jersey Police, the Occupational Therapy Department, Jersey Library and Jersey Heritage** will be joining us to raise awareness, reach out into the community and enhance the lives of those affected by dementia. A full list of dates is available from the office but for your diary our next stops are:

St Ouen Parish Hall - Tuesday 26th February - 10am-2pm

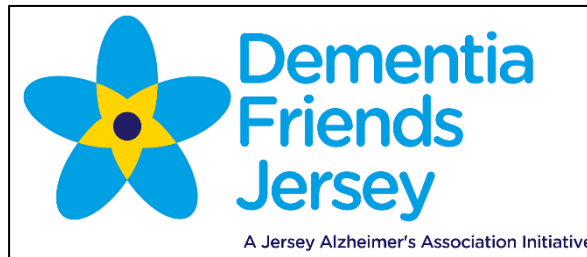
St Helier Town Hall - Tuesday 26th March - pm-4pm



People also had the opportunity to participate in JAA's new **Dementia Friends** awareness session. The **Dementia Friends** programme aims to change the way people think, act and talk about dementia. Specially trained Dementia Champions will deliver face to face awareness sessions to small groups, schools and in the workplace aimed to help people learn about what it is like to live with dementia and asks them to turn that understanding into action by helping others around them. This may be as simple as telling others about **Dementia Friends** or visiting someone they know living with dementia, every action counts.

Since its inception the global **Dementia Friends** network has seen over 2.8 million people attend dementia awareness sessions and JAA are thrilled to be leading the programme in Jersey which is now the 48th country to join the biggest ever initiative to change people's perception of dementia.

For more information please contact Michala on michala@jerseyalzheimers.com or Wendy or wendy@jerseyalzheimers.com



The Jersey Alzheimer's Association Roadshow is coming to St Ouen!

Drop in for a cuppa and meet the JAA team. Find out about our services and activities and also how some of our partner organisations can help support islanders affected by dementia.

Join us for the following activities:



For more information, contact us:

Call us 723519
Drop in Hilgrove St, St Helier
Online jerseyalzheimers.com



Support for Carers

Friendship Group

Friendship Group is a social support meeting for informal family carers which, when at Sandybrook, begins with teas/coffees and breakfast pastries and also involves bi-monthly social meals at various local restaurants.

Our next meeting is a social lunch at Rocco's Bar & Restaurant - Les Mielles on **Saturday 9th Feb** at 1pm. Jean Doublard is kindly coordinating and can be contacted on 725916 and jean@doublardfamily.com to book a place.

Our meeting on **Saturday 9th March** at 10am will be back at Sandybrook where we will be treated to an Introduction to Essential Oils by Elizabeth Cann. Essential Oils are an amazing alternative to the 'everyday' medicine cabinet and can be used on a physical and emotional level to promote health and wellbeing.



New Carer's Support Group

Our new carer's information & support programme will provide support and relevant up to date information for those people currently caring for someone with dementia.

Guest speakers will share their expert knowledge on a range of subjects relevant to the role of caring. The programme also provides an opportunity for informal care givers to engage in a friendly and supportive environment with others in a similar situation.

Sessions will take place either the third or fourth Thursday of every month at The Monterey Hotel starting on Thursday 21st February where our guest will be Sarah Blake from Occupational Therapy. On 21st March Naomi Mews will give us an update on medication for dementia.

Each session will run as follows:

- 6.00pm – 6.30pm Meet and Greet and Refreshments
- 6.30pm – 7.00pm Topic Talk
- 7.00pm – 7.15pm Question and Answer Session
- 7.15pm – 7.45pm Group Reflection
- 7.45pm – 8.00pm Round Up and Farewell

For more information please contact Michala on michala@jerseyalzheimers.com.



Events

February Community Outing

Our first community event of the year is scheduled to take place on **Tuesday 5th February** at 11am when we will be visiting Cineworld for a private screening of *Mary Poppins Returns*. Tickets are £7.50 per person with carers going free.

Please contact the office to book your place.



Fundraising

Curry Night



Join us for an evening of great food and company on Tuesday 12th February at the wonderful **CAFÉ SPICE** in Kensington Place.

£25 per person to include starter, main, choice of naan/rice and coffee.

Please contact the office asap to book.

Christmas Puddings – Thank You

You may recall that over the Christmas period we were once again selling our ferrero rocher filled knitted Christmas puddings. A huge thank you once again to Hazel & Nellie Smith and Jean Anderton for raising over £2400 with their amazing efforts.

Co-op Share Number

All Channel Islands Co-operative members can donate their dividend in-store. Jersey Alzheimer's Association's share number is **421**.

Since 2009 you have donated over £750 via our share number -thank you!

Volunteering

VOLUNTEER ... together we can achieve

Your skills could be invaluable, could you offer a few hours a week or a month at one of our busy activities – Splashchat, Forget me Not Café, Arts Exploration , Musical Memories or The Saturday Club.

Could you help us with social media or keeping our website up to date? Perhaps you have skills in leaflet and poster design?

Would you have time to join a group looking at overseeing our fundraising events?

For more information please contact Bev on bev@jerseyalzheimers.com.

Training

During February, JAA will be running two educational workshops for professionals who work with and alongside those affected by dementia, these can include professional carers and those working across the health and social care sector.

The popular Dementia Awareness Workshop is back - suitable for induction purposes or an up to date refresher and is mapped towards national training and framework guidelines. In addition, we will be running the Relationship Focused Dementia Caring Workshop which looks at developing concepts of person centred care and seeing more to a person than the dementia.

Each workshop is three hours long and costs £45 per person with places limited to 16 per workshop.

For more information please contact Michala on michala@jerseyalzheimers.com.

And finally

Easter Bunnies

Don't forget about Yolande's easter knitting challenge, please contact her for further information and your pattern.



MUSIC & TV REMINISCENCE

If the person you care for enjoys reminiscing, a free and endless supply of vintage TV clips and theme tunes might be just what they need.

Imagine being able to sit down with your loved one and watch a Pathe news clip from 1945, a clip from Alistair Cooke's Postcards from America, or a very young looking David Attenborough meeting a gorilla... These (and around 1,500 more) vintage TV clips are available on the BBC's **REMARC** website which has been designed with dementia in mind. The site contains items from BBC archives (including video clips, audio clips and images) which it's hoped will help people with dementia to trigger happy memories and spark conversation with family and friends.

BBC Music Memories is another free music service for people with dementia, offering them the chance to listen to snippets of a wide range of music - from classical and pop to favourite TV theme tunes from years gone by - and reconnect with often powerful memories. The site is specially designed for dementia and extremely easy to navigate (three large buttons direct you to Classical Music, Pop Music or Theme Tunes).

JAA Contact details

If you know someone who would like to receive copies of the monthly JAA Newsletter, either by email or post, please contact our Drop-in/Office.

OFFICE: 01534 723519 Email: Info@jerseyalzheimers.com

If you are on **Facebook** please **like** our page 'Jersey Alzheimer's Association'.

